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12-14-2007

## The Voice of Touro College South Volume 1 Issue 1

Touro College South

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# THE VOICE OF TOURO COLLEGE SOUTH

DECEMBER 14, 2007

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## THIS MONTH IN HISTORY: PEARL HARBOR

BY SHAINDY GROSS

### "A date which will live in infamy"

On the morning of December 7, 1941, the Imperial Japanese Navy made a preemptive military strike on the United States Pacific Fleet base at Pearl Harbor, Hawaii. This infamous attack on Pearl Harbor is what made the United States enter World War II. The attackers came in two waves, with a total of 350 aircraft launched with the intention of completely destroying the U.S. Pacific Fleet. Successful in permanently demolishing two U.S. Navy battleships and 188 aircraft, the Japanese killed 2,333 American personnel.

Tensions had been high between Japan and the U.S. since Japan invaded Manchuria in 1931, which led to war between Japan and China in 1937. When Japan took charge of French Indochina in

1940 as a move toward eventually taking complete control of Southeast Asia, the U.S. was driven to set up an embargo on oil exports to Japan.

This embargo is what caused Imperial Japan to make the decision to attack and strike the U.S. Pacific Fleet as a preventative measure in their plan of advancing into Malaysia and the East Indies to take over oil supplies.

Continued on page 4



## SPECIAL POINTS OF INTEREST:

- Improving fitness while maintaining a rigorous college schedule
- With limited time, which books should you read?
- Read a poem that will inspire you
- Grab some great recipes

## STAYING FIT IN A STRESSFUL COLLEGE ENVIRONMENT



We are living in the U.S.A.'s capital of fitness: South Beach, a place notorious for beautiful people and perfect bodies trotting out everywhere amongst us. But, how can we as college students, who do not have seven hours a day to spend at the gym, learn to keep healthy and fit to a degree that makes us feel better about ourselves?

There is, of course, always the gym, jogging, and the like, yet, for many of us, these activities require a lot of time and can quickly become boring. So, what are some easy ways for us to keep our bodies trim and slim, while not sacrificing school work or fun?

Continued on page 7



## LETTER FROM THE EDITOR

Welcome to your newspaper, *The Voice of Touro College South*. As a student-run publication, this is your space to write about issues, connect with other students, and develop a forum for intellectual growth. As you can see, our first issue covers a wide variety of topics, from politics to fitness to current events; we also have thought-provoking poetry and quotes, as well as recipes and jokes from students. And, because this issue follows on the heels of Chanukah, we've included some features to extend the holiday spirit.

I look forward to developing our future newsletters together and invite each of you to submit articles, poetry, and suggestions by email or by contacting me directly.

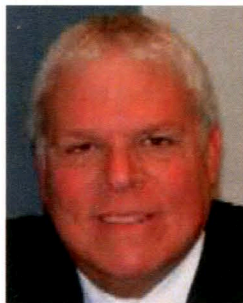
Wishing all of you the best.

Sincerely,  
Esther Neuman  
Editor-in-Chief

## "THE FIRST EDITION..."

The opening of a new school creates an ongoing sense of the ever fresh as every reality becomes a first. The first edition of the campus newspaper offers an opportunity for excitement as we determine the course to best meet the needs of the growing student body.

Designating the newspaper *The Voice of Touro College South* is appropriate. The Hebrew word *Kol* refers to both voice and sound. We recently read of the *Kol Ya'akov*, the voice of Jacob, the voice of truth that guides us as we define our roles in the world about us. We highlight the *Kol Shofar*, the sound of the Ram's Horn, because it inspires us to look inward, thereby realizing our most sacred selves.



As contributors to the school paper, we must be sensitive to the many *Kolot*, voices and sounds heard on campus. We must listen to all the voices but must do so with a discerning ear, thereby ensuring articles and editorials of the highest standard.

The guideline for this discernment appears in a Talmudic text. The Tractate Rosh Hashanah reads: *Natan Shofar B'toch Shofar*, if someone places a Ram's Horn within another Ram's Horn, if the individual hears the sound of the inner *Shofar*, then he or she has fulfilled the obligation of listening to the Ram's Horn. If the sound emanates from the outer *Shofar*, then one has not fulfilled the *Mitzva*, the commandment of hearing the *Shofar* on *Rosh Hashanah*.

Continued on page 3

## Student Quotes:

### What do you love about TCS?

"I like the small, close-knit environment."

—Sara Ackerman

"It is great spending time with other Jewish girls like me. I can't wait to go to school in the morning!"



—Batsheva Daskal

"The small classes, excellent professors, and caring administration make for a great learning environment. I love it!" —Nitzy Tamir

"The close, one-on-one classes and excellent professors provide a very conducive learning experience."

—Ilana Abehsera

"The professors are amazing and the classes so fascinating."

—Chaya Malka Green





## WHERE THERE IS LIFE THERE IS HOPE

BY SARAH SOLOMON

At the age of three I was diagnosed  
And because of this I am not like most  
For life at times can  
be a hard task  
But I know one day  
that I can ask  
Why I was made this  
way, G-d only knows  
And I am hoping that  
His reason one day  
will show



Being like this I see life in a  
whole different way  
From many others every day  
Some don't realize that every  
move they make  
Is a miracle since nothing easily dislo-  
cates or breaks  
Yes I look different and at times people  
treat me so

But only if they will see on the in-  
side that I also glow

At times life gets hard and I know  
it's the same for you too,  
Although we must always try to re-  
member to be grateful and appre-  
ciate all that we can do

For there are some in this world  
who can't speak or move

However, they have minds so  
much greater, if only given a  
chance they would prove

Without the help of Hashem I  
wouldn't be the person I became  
Challenges or no challenges, every-  
one's the same

## "THE FIRST EDITION..." (CONTINUED)

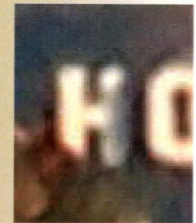
Beyond the legal and literal as-  
pects of the text lies an important les-  
son. As we listen to the numerous  
voices on campus, we must do so unfet-  
tered by the external and superficial,  
always lending our ear to the authentic  
voice that comes from within. In that  
way, *The Voice of Touro College South*

will bring to the student body a  
journalistic approach that is both  
informative and honest.

—Alan G. Ciner, Rabbi  
Vice President/Touro College  
CEO/Touro College South

## Guess This Pic?

What is it?



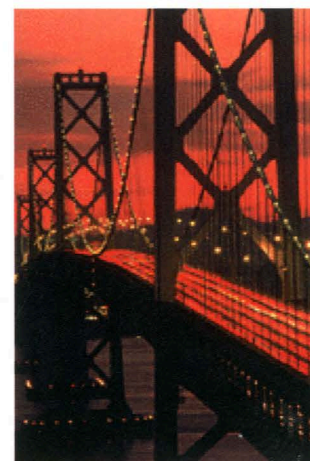
- Answers:
1. The Hollywood sign
  2. The tip of an ice skate
  3. Fans at a football game

## THIS MONTH IN HISTORY (CONTINUED)

The Japanese intended to neutralize the U.S. Pacific Fleet and prevent interference in their plans.

The attack on Pearl Harbor became one of the most significant events to take place during World War II. It led the American public in general to change their policy of isolationism to resigning themselves to the idea that war was inevitable, and it was the trigger that caused America to make a

formal declaration of war. President Roosevelt called the day of the attack on Pearl Harbor, December 7, 1941, "a date which will live in infamy."



### Building Bridges

### Famous Quotes

## HOLIDAY BAKING

BY LAUREN HOFSTATTER

### Your Favorite Chanukah Recipes

We all love Chanukah. What's not to love? Great stories, gifts, and, best of all, the food. Chanukah is the one holiday where we get to kick back and enjoy the best fried delicacies our Jewish tradition has to offer. Only, it's too short! Here are some easy-to-follow recipes to help you continue your Chanukah experience.

### Don't Forget the Donuts

#### What You Need:

- 2 packages of yeast
- 1/3 cup sugar
- 3/4 cup water
- 1/4 cup orange juice
- 1/3 cup margarine
- 1/2 teaspoon salt
- 4 or 5 cups flour
- 3 egg yolks
- Jelly for filling

#### What To Do:

Mix together the water, sugar, juice, and yeast in a large bowl. Let stand for about 10 minutes. Melt the margarine and add it to the mixture. Take the eggs and salt and beat them into the mixture. Then add the flour to the mixture, mixing it by hand until it forms a soft dough. Let it rise for 1 1/2 hours.

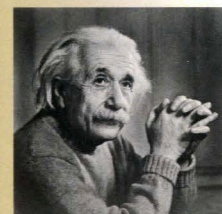


Now, let's get back to it...

Roll the dough until it's about 1/4 inch thick and cut into circles approximately 2 inches thick. Let it rise for half an hour. Deep-fry the dough circles at 400° F for about 3 minutes, turning over once.

When you're finished, pipe in the jelly and roll the donuts in sugar for a great Chanukah treat!

Continued on page 5



"Intellectual growth should commence at birth and cease only at death."

—Albert Einstein



"I am not a hero. I just did what any decent person would have done."

—Miep Gies, who hid Anne Frank and her family from the Nazis



## HOLIDAY BAKING (CONTINUED)

*Make Some Chanukah Stars to Light up Your Sky*

Yield: About 4 dozen

**What You Need:**

1/2 cup butter or margarine, softened  
 1 cup sugar  
 2 eggs  
 2 cups flour  
 1/2 cup cocoa  
 1 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1/2 teaspoon salt  
 Powdered sugar for decoration

**What To Do:**

Cream the butter, sugar, and eggs together until light and fluffy. In a separate bowl, stir together the salt, baking soda, baking powder, cocoa, and flour. Then, beat the creamed mixture with the dry mixture until well blended. Cover and chill until firm enough to handle. On a lightly floured surface, roll dough until 1/8" thick. Cut the dough with a Star-of-David-shaped cookie cutter. Bake at 350°F for 5 to 7 minutes or until no imprint remains when touched lightly. Cool for at least 1 minute before removing from pan. When completely cool, sprinkle the delicious cookies with the powdered sugar for that extra touch. Then there's nothing left to do but take a bite!

*Star-of-David Challah*

For this method, either use your favorite Challah recipe or buy two small frozen Challah rolls.

Spray the baking pan with an oil spray. Cover with parchment paper and spray that with oil spray.

You are now ready to begin.

If using frozen Challahs, allow them to defrost just enough so that you can untwist them.

Then connect the three (if using homemade dough, follow this step as well) to form one long strand. Twist the long strand into a triangle. Follow the same steps for the second Challah.

When completed, place one triangle on top of the other to form a Star of David.

Finally, place your Star of David on the pan, paint with egg wash, and sprinkle with sesame seeds.

Place Craisins or small pieces of apricots into the dough for extra flavor. Let your Star-of-David Challah rise for 30 minutes, then bake for 30 minutes at 350°F.

When you take it out be sure to enjoy the lovely smell of homespun Challah!

Enjoy and Share your own recipes with us at [tcsnewspaper@gmail.com](mailto:tcsnewspaper@gmail.com).



"Spice is life. It depends upon what you like... have fun with it. Yes, food is serious, but you should have fun with it. "

—**Emeril Lagasse**





## TEARS OF PURPLE: FROM A CHILD'S VIEWPOINT

I watch  
With great concentration  
The flag  
Turning with pride  
Atop  
The slippery, silvery  
Genie-looking bottle  
As if billowing  
In strong wind  
Spinning  
Making me dizzy  
With excitement  
My turn finally comes  
To hold  
My Grandfather's

Besamim holder  
I whisper the blessing  
And with a deep breath  
Inhale  
The pungent aroma  
A sea  
Of little black  
cloves  
Shooting at me  
Piercing through  
me  
Awakening me  
Havdalah  
Separation  
He takes me on his lap  
And trickles warm grape



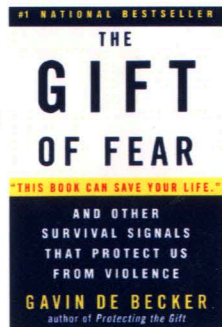
juice  
Down my face  
Singing...  
Fill my body with  
warmth  
And the sticky grape  
juice  
Dries on my cheeks  
Tears of deep purple  
Permeating my skin  
"A guten voch mein  
kind, a guten voch."

*This poem was written from a child's perspective of Havdalah.*

## BOOKS FOR THOUGHT

A recent study revealed that college students, along with other teenagers and young adults, are not reading much for pleasure. As a result, employers are seeing less competency in comprehension and writing in the workplace. Although we all have obligations, even if we're swamped with work we allow technologies such as the Internet and IMing to claim much of our free time. Here are a few great reads that are totally worth your time.

1. The Gift of Fear by Gavin DeBecker: This is a must-read for women today. Full of tips for staying safe and analyzing situations, it also talks about the workplace and how to make good judgments about people.

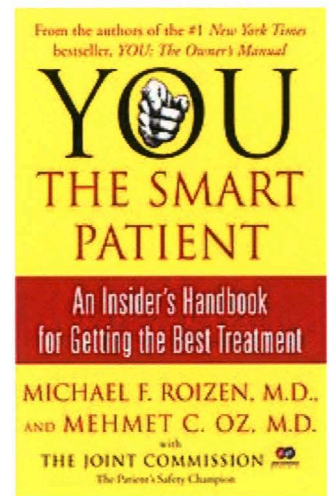


2. You the Smart Patient and You on a Diet by Dr. Mehmet Oz: Intelligent and full of new ideas, Oz has a knack for spicing up biology.

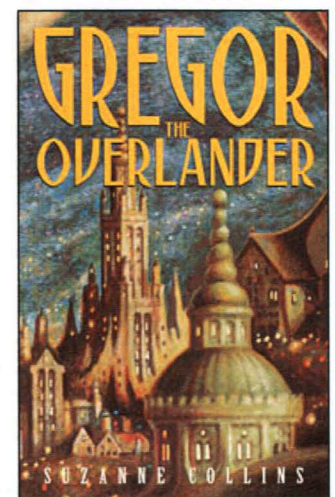
3. Gregor the Overlander by Suzanne Collins: Read Aloud to a Child—or your inner child—this story of a boy embarking on a quest to the hidden world beneath New York City when his toddler sister discovers a secret portal behind their apartment's washing machine. Funny and wise.

4. Run by Ann Patchett: This new novel by the author of Bel Canto features a rich tapestry of characters who intersect, with poignant results. The beautifully written story explores issues about mothers and their children.

Write to us at [tcsnews.com](http://tcsnews.com) to tell us your favorite reads.



Grab your book, sit on the beach, relax, and just read.



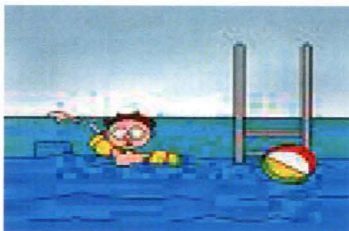


## STAYING FIT IN A COLLEGE ENVIRONMENT (CONTINUED)

Here are five ways that you can exercise, feel great, and have fun all at the same time. Just buy my revolutionary, five-time payment plan...just kidding.

1) Take up a sport: There are so many opportunities here in South Beach that do not require you to be part of a league. Racquetball, one of the most exhilarating sports I have ever encountered, requires only two people with an ability to hit a ball. After that, everything tends to fall into place.

2) Swim: Swimming is one of the best workouts since it uses the entire body and burns calories like you would not believe. And, I do not mean swimming laps, which can be monotonous; rather, just frolicking with friends will burn the needed calories. If you really want to get the most out of your time, buy "webbed gloves," which make it much harder to move around in the water. Not only will they allow you to trim calories, but you'll build muscle as well!



3) Take the stairs: Think about how many times a day you take the elevator when doing something as simple as taking the stairs shaves so many calories!

4) Walk places: Even if it's simply taking a walk to Starbucks on Lincoln Road, the little extra effort each day will do wonders for your cardiovascular

system and will make you feel better about yourself.

Whether it's walking to school or power walking on the boardwalk, going by foot is an amazing way to work out while still having fun observing your surroundings.



5) "Drop and give me ten!": Mini-workouts throughout the day (possibly between classes)—such as ten pushups one hour, ten jumping jacks later, and so on—keep you awake and focused while also keeping you in shape. The frequent movement helps your metabolism break down foods faster, allowing you to lose weight as well. Try to get in a hundred pushups and a hundred jumping jacks a day. If that sounds too ambitious, promise yourself a new pair of shoes at the end of the week as a reward!

All in all, there are so many ways for us to work out without sacrificing the things that are important to us. All it takes is a little creativity to find fun ways to stay in shape and feel great about yourself.

## Joke of the Month:

For all you Psych Majors:

A woman walks into her therapist's office. The therapist asks how she's doing. The woman replies, "Well, doctor, I keep having these Freudian slips. Just the other day I wanted to ask my husband to pass the salt at dinner. Instead, what came out was 'Steve, I can't believe I married you! You're driving me crazy!'"





## INTRODUCING: PSYCH CLUB

BY RUCHIE GROSS

**Join Psych Club today and take your college experience to the next level!!!**

The Touro College South Psychology Club was formed to enhance the experience and appreciation of psychology of all TCS students through a variety of social and academic activities. "Psych Club" is open to all students, regardless of major, with an interest in psychology. Our club provides an excellent forum for intellectual exchange and an exciting opportunity for social interaction with your peers; it is also a great source of information regarding anything psy-

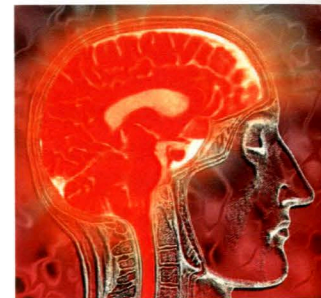
chology related. The newly created Psychology Club at TCS has already held educational programs and social events and has only bigger and better plans for the future! Stay tuned for details about our next amazing event. Looking forward to greeting you personally!

Sincerely,

Ruchie Gross

Psych Club President

PS. Join us December 24th for a movie night you won't want to miss!



## PRESIDENTIAL CANDIDATES

BY ESTHER NEUMAN

Do you know who might become the next U.S. president? As American citizens we have the obligation to educate ourselves about the future of our country. The following list of official presidential candidates and their quotes will help you become informed about the 2008 presidential election. So, take a quick look at who might become the next President of the United States of America.

### Democratic Candidates

#### Joe Biden:



Quote: "Here at home, when Americans were standing in long lines to give blood after the attack on the World Trade Center and the Pentagon, we squandered an obvious opportunity to make service a noble cause again, and rekindle an American spirit of community."

Current Job/Position: Senator from Delaware

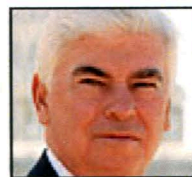
#### Hillary Rodham Clinton:



Quote: "Every nation has to either be with us, or against us. Those who harbor terrorists, or who finance them, are going to pay a price."

Current Job/Position: Senator from New York

#### Christopher Dodd:



Quote: "All Americans should have access to quality, affordable health care."

Current Job/Position: Senator from Connecticut

#### John Edwards:

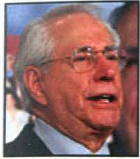


Quote: "George Bush, Dick Cheney, and the neocon warmongers used 9/11 to start a war with Iraq and now they're trying to use Iraq to start a war with Iran. And we have to stop them. We owe our American heroes—the men and women in our armed services who are fighting so bravely in Iraq and Afghanistan today—no less."

Current Job/Position: Director for Center on Poverty; Trial Lawyer



## PRESIDENTIAL CANDIDATES (CONTINUED)

Mike Gravel:

Quote: "War was lost the day that George Bush invaded Iraq on a fraudulent basis."

Current Job/Position: Lecturer

Dennis Kucinich:

Quote: "The tax code is not the only area where the administration is helping the rich get richer and the poor get poorer."

Current Job/Position: Representative from Ohio

Barrack Hussein Obama:

Quote: "Today we are engaged in a deadly global struggle for those who would intimidate, torture, and murder people for exercising the most basic freedoms. If we are to win this struggle and spread those freedoms, we must keep our own moral compass pointed in a true direction."

Current Job/Position: Senator from Illinois

Bill Richardson

Quote: "Education enables people and societies to be what they can be. It is education that allows us to see that we are in this for the long haul, and it is education that will give us the tools we need to build a better future."

Current Job/Position: Governor of New Mexico



## Republican Candidates

Rudy Giuliani:

Quote: "On September 11, 2001, we thought we were going to be attacked many, many times between then and now. We haven't been. I believe we had a president who made the right decision at the right time...to put us on offense against terrorists."

Current Job/Position: Lawyer

Mike Huckabee:

Quote: "The most important thing about global warming is this. Whether humans are responsible for the bulk of climate change is going to be left to the scientists, but it's all of our responsibility to leave this planet in better shape for the future generations than we found it."

Current Job/Position: Candidate

Duncan Hunter:

Quote: "A number of people who have supported me on the border fence in the U.S. have observed the fences in Israel and their effectiveness."

Current Job/Position:

Representative from California

Alan Keyes:

Quote: "Abortion must be understood as the unjust taking of a human life and a breach of the fundamental principles of our public moral creed."

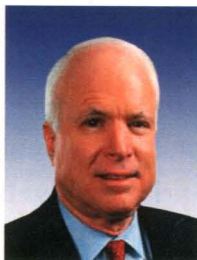
Current Job/Position:

Author, Speaker

John McCain:

Quote: "I believe in evolution. But I also believe, when I hike the Grand Canyon and see it at sunset, that the hand of God is there also."

Current Job/Position: Senator from Arizona





## **THE VOICE OF TCS STAFF**

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### **Layout Editor and Graphic Artist**

Esther Neuman

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Rabbi Alan G. Ciner

Esther Neuman

Professor Larry Domnitch

Sarah Solomon

Professor Matthew Sacks

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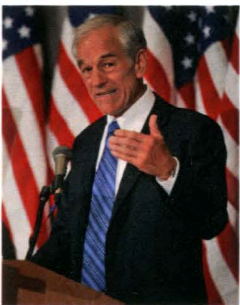
Professor Stefanie Herron



***Don't forget to get your  
own TCS Psych Club  
Sweatshirt!***

## **PRESIDENTIAL CANDIDATES (CONTINUED)**

### **Ron Paul:**

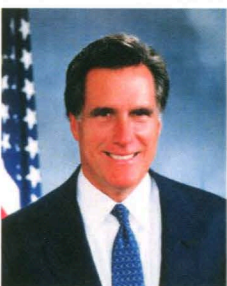


Quote: "Everyone assumes America must play the leading role in crafting some settlement or compromise between the Israelis and the Palestinians. But Jefferson, Madison, and Washington explicitly warned against involving ourselves in foreign conflicts."

Current Job/Position: Representative

from Texas

### **Mitt Romeny:**



Quote: "I am in favor of stem-cell research. I am not in favor of creating new human embryos through cloning."

Current Job/Position: Candidate

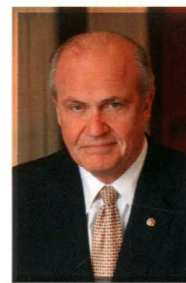
### **Tom Tancredo:**



Quote: "If we have another event like 911 perpetrated by someone coming across the border illegally, that would do something."

Current Job/Position: Representative from Colorado

### **Fred Thompson:**



Quote: "Americans know we have an illegal immigration problem. And most of us have a good idea about how to start fixing it—secure our borders, and enforce the law. Giving up, by granting amnesty is not the answer."

Current Job/Position: Actor



# MEN'S DIVISION OF THE VOICE OF TCS



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- What your fellow students enjoy most about TCS
- Ask Dr. Sacks: Questions from students to the doc
- What's happening in literature class
- What's happening in sports
- What you don't know about the Chanukah story

## IT'S TOUGH TO BE A MIAMI FAN

BY GERSHON BERKSON AND JORDAN LANCRI

A common feeling among fans of most of the professional teams in Miami can be summed up in one word: *disappointment*. In particular, the poor performances have come from the Heat and the Dolphins. Before the start of the football season, the Dolphins' success looked imminent. With the acquisition of Trent Green and Joey Porter, the team looked better than ever. However, after a few tough losses at the beginning of the season and injuries to many key players, the Dolphins are having their worst season in franchise history. They now find themselves winless in all thirteen of their games. Besides the obvious frustration coming from



the players and coaches, the fans are also very disappointed and are labeling this year a wasted season.

The disappointment doesn't end with the Dolphins, though. The Heat also made some moves this season to attain veteran players such as Ricky Davis and Penny Hardaway. Coming off a bad loss to the Bulls in the playoffs, the Heat remained thirsty for revenge. Due to injury, however, they were forced to start the season without their star player, Dwyane Wade. Additionally, Shaquille O'Neal looked sluggish in the first few games, where his minutes were limited because he was constantly in foul trouble. The Heat had only one win in their first ten games.

Continued on page 12

## ASK DR. SACKS

Dear Dr. Sacks:

*I have classes from 5-10 p.m. and find it hard to stay focused the whole time. How can I sustain my concentration and get the most out of my classes?*

The ability to sustain concentration for extended periods of time is a challenge faced by many students and teachers, as well as police officers, airline pilots, and even McDonald's drive-thru workers

## BY DR. MATTHEW SACKS

(hopefully TCS students have better attention than the last group!). The ability to achieve a sustained level of concentration is affected by a number of factors, including: motivation, stress, physical and mental fatigue, amount of restful sleep during the previous nights, and one's internal circadian rhythm.

Continued on page 12



## ASK DR. SACKS (CONTINUED)

Let's start with motivation. Psychologists tend to divide motivation into two categories: internal/intrinsic motivation and external/extrinsic motivation. (I'll get to the take-home message briefly: It is healthy to have a combination of both types of motivation.)

Internal motivation refers to people interested in success, knowledge, or performance because they desire these things for themselves, independent of the opinions or views of others. For example, what grade would you want to achieve on a given exam if that grade were never known by anyone other than you—not the teacher, your friends, your loved ones, not even future employers or graduate school interviewers? What if the exam grade existed in a vacuum and only you knew your score? Only you knew the level of knowledge you had achieved in that

specific subject matter. The more you care about such a scenario, the more internally motivated you are. You are interested in knowledge for knowledge's sake, in success because you feel good about yourself when you succeed.

External motivation refers to those interested in success, knowledge, or performance because they receive some sort of reinforcement from the outside world. The reinforcement includes the praise you receive from your teachers, friends, and family. It also includes other benefits you may receive from your success. For example, if your parents used to give you money for bringing home a report card full of A's in high school, this would be an external motivating factor.

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## IT'S TOUGH TO BE A MIAMI FAN (CONTINUED)

Nevertheless, a few positive things have come out of this year for the Dolphins. Because of their incredible position in this year's draft, they will have an opportunity to draft college standouts Darren McFadden or Cole Brennan.

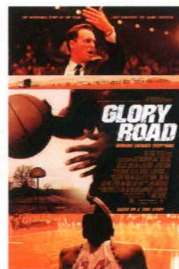
So, Miami fans, don't give up hope—both the Dolphins and the Heat are still young and bloodthirsty for victory!



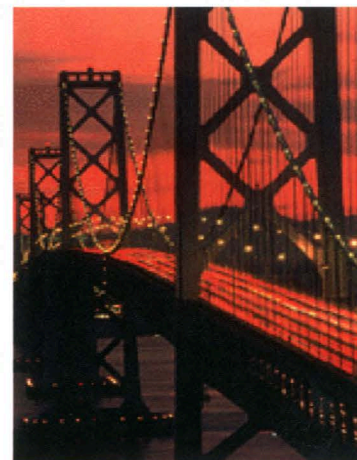
### Sports Quiz

1. For what team did Miami Heat's coach, Pat Riley, play in college?

(Hint: The movie *Glory Road*—a must see)



2. Who did Colts quarterback Peyton Manning back up while playing college football at Tennessee?



## Building Bridges

### Famous Quotes

"How wonderful it is that nobody need wait a single moment before starting to improve the world." —Anne Frank

"True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us." —Socrates





## WORDS FROM OUR PROFESSOR

## IN THEIR DAYS AND OURS: PRESERVING CHANUKAH

BY LARRY DOMNITCH

What are Jews celebrating on Chanukah?

Is it about the wars—the victory of the few over the many? The amazing Maccabean victories over Greek Syrian armies were but battles in a drawn-out conflict that would last for decades after the Chanukah saga. There would be future defeats as well.

Perhaps Jews are celebrating their freedom from oppressive rule? But, freedom was only temporary, as the Jews would eventually face persecution under Antiochus's successor.

Or maybe it was the rededication of the Temple of Jerusalem that Jews celebrate? But, the Temple was eventually destroyed by the Romans in 70 CE.

In the days of antiquity, following the conquests of Alexander the Great, nations accepted each other's deities and morals as prescribed by the universal creed of the day, Hellenism. The Jews clung tenaciously to their Torah and were the exception to the global trend.

Their unique practices were largely tolerated for the next 150 years, until Antiochus Epiphanes IV became emperor. Antiochus, with the encouragement of Jewish adherents to Hellenism, embarked upon a policy of forcing that ideology upon the Jews. Jewish rites were prohibited and idolatry practices were mandated. Those in violation were severely punished.

If the Jews had simply acquiesced, and abandoned their heritage, they could have spared themselves much suffering. Most chose a different path—that of defiance. Some ran and hid in the hills, others in the corners of their homes, where they could keep their traditions. The Talmud mentions some who defied authority: Chanah and her sons, who, with their mother's support, refused to bow to the emperor and were sentenced to death; the elderly sage Elazar, who, in front of a large audience, refused to partake of a food that merely resembled pork and, as a result, was executed. His parting words were, "I will leave an example of strength to die willingly with courage for the perfect and holy Torah." This was not the response that Antiochus had expected.

Resistance to religious persecution is central to the theme of Chanukah. During that era, a precedent was set for future generations of Jews who would look to that example.

When Roman armies first entered Jerusalem in 63 BCE, Jews were ready to die rather than participate in a pagan rite when ordered to do so by the Roman general Pompey. Twenty-five years later, when the Roman emperor Caligula demanded that Jews act as all peoples and worship his image, Jews again were ready to defy the emperor, regardless of the consequences.

More than a century and a half later, when the Roman emperor Hadrian sought to turn Jerusalem into a pagan colony, the Jews again resisted, organizing an armed revolt, under the leadership of Simon Bar Kochba, against the mighty Roman Empire.

During Christian rule spanning more than 1,500 years, Jews endured all forms of persecution, from blood libel accusations to inquisitions to massacres. As during the time of the Maccabees they resisted—but they could have been spared endless suffering had they only capitulated to their oppressors' demands.

In Islamic countries over the centuries, Jews have chosen to live humiliated as an underclass of *dhimmi*, often persecuted but willingly accepting their predicament rather than submitting to conversion.

With two thousand years of a history replete with sacrifice and martyrdom, the examples are far too numerous to list.

The notion of self-sacrifice has been glorified in Jewish history. The Mishnaic sage Rabbi Akiva was one of many who became martyrs in defying the Roman emperor Hadrian's bans against Torah study.

## Student Quotes:

## What Do You Like Most About TCŠ?

"The professors and the schedule." —Yosef and Moshe Becerra

"I just like the fact that we do not have many pen classes. It gives us time to ask the teachers questions."

—Jordan Lancri

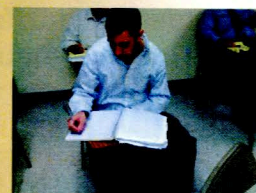
"The Jewish environment."

—Gershon Berkson

"The one-on-one attention and care each faculty member gives to each student."

—Sam Chavin

"Just knowing I am in a place that really cares about me and any concerns that I may have."



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## IN THEIR DAYS AND OURS (CONTINUED)

During the era of Inquisitional rule, the author of the Code of Jewish Law, Rabbi Joseph Karo, spoke of martyrdom as the most sanctified of acts.

Under Tsar Nicholas I of Russia, when tens of thousands of young Jewish recruits in the Tsar's army faced enormous pressure, including torture to accept baptism, their brave resistance prompted the Lubavitcher Rebbe, known as the Tzemach Tzedek, to compare their suffering to that of the Jews under the rule of Antiochus. The Tzemach Tzedek considered these boys, known as "Cantonists," to be the greatest heroes among the Jews.

So, why rejoice if so much of Chanukah and its legacy is linked to suffering and persecution? Perhaps Chanukah should be a gloomy and depressing memorial day. What is celebrated is the fact that the sacrifices by

so many during the time of the Maccabees, and over the millennia as well, were not in vain. By acknowledging their sacrifices, by declaring that there are things worth sacrificing for, we are celebrating life—and the endurance of the Jews as a people.

We can glean special messages from Chanukah in our own times. Within the confines of free and open societies, Chanukah is a most appropriate time to ask what being a Jew means and how we can use the freedoms with which we are blessed to perpetuate that eternal legacy.



## Joke of the

## Month:

For All You

Future Lawyers

## AN HONEST LAWYER

An independent woman started her own business.

She was shrewd and diligent, so business kept coming in. Pretty soon she realized



she needed an in-house counsel, and so she began interviewing young lawyers.

"As I'm sure you can understand," she started off with one of the first applicants, "in a business like this, our personal integrity must be beyond question." She leaned forward. "Mr. Peterson, are you an *honest* lawyer?"

"Honest?" replied the job prospect. "Let me tell you something about honest. Why, I'm so honest that my dad lent me fifteen thousand dollars for my education and I paid back every penny the minute I tried my very first case."

"Impressive. And what sort of case was that?"

He squirmed in his seat and admitted, "My dad sued me for the money."

## CONSUMING LITERATURE

One day, before Survey of Western Literature class (LLE 220) started, Gershon Berkson told the professor, Dr. Stefanie Herron, that he was extremely hungry. What unfolded next was a TCS surprise. Dr. Herron suggested that the entire class go out to Shemtov's Restaurant and have class there!

TCS students were thrilled that they would be able to eat a decent meal and spend time discussing literature at Shemtov's. They piled into various cars and drove to their destination. Students ordered pizza, fries, and other meals. One thoughtful student even treated the professor to some fries and a drink.

While the orders were being prepared, Dr. Herron began class, with her

students sitting around the table, listening and commenting on the lecture. Students performed *lais*, or short poems, by Marie de France. When one student began to exclaim his verse, fellow diners looked up from their meals, laughing and applauding.



Once the orders were ready, the class continued their discussions while munching on food. Who knew that literature class could taste so good?!



## ASK DR. SACKS (CONTINUED)

It is healthy to have a mixture of internal and external motivating factors affecting your behavior. In my work with clients with concentration difficulties, I have noticed that individuals are often unaware of the specific factors affecting their level of motivation. By taking a step back and seeing things from a broader perspective, many realize that they are involved in a course of action (e.g., a specific career path or academic path) that they embrace or that they are following a path that is not truly in line with what they want in their lives. Either conclusion is a healthy one, as it can become an internally motivating factor that increases motivation to stick with the heartfelt path or increases motivation to get onto that exit ramp and choose a new, more meaningful path.

So, my advice for students is to take a few minutes and create a list of all of the internal and external motivating factors that may be affecting your academic path. Ask yourself questions like: "Why do I get myself out of bed in the morning," "Why am I choosing to come to Touro," and "How will my life be different when I graduate?" Take the time to help yourself become more aware of the internal and external factors that affect your day-to-day motivation levels. Such awareness should help you to focus more, sustain attention longer, and achieve the actual results you desire most.

